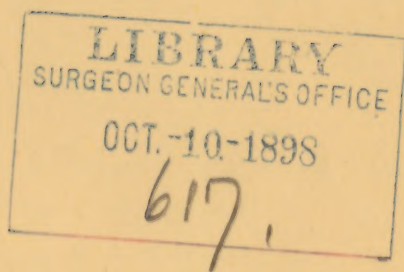
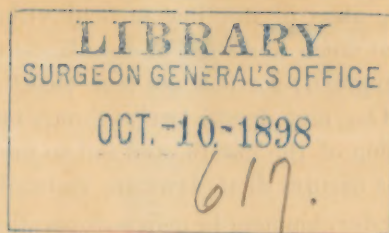


Dennett (A. E.)

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organs





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HOW TO SECURE GOOD DENTAL ORGANS—PRE-
VENT THEIR DECAY—PREVENT RICKETS,
HIP DISEASES, ETC., ETC.

BY H. E. DENNETT, D. D. S., BOSTON, MASS.

In the discharge of their duties, the physicians and dentists are daily asked by their patients, "What must I do to prevent my teeth from decaying?"

The answer should be, "Correct your diet." That is, eat such food, and only such as contains all of its natural elements. If we eat the products of grain we must eat them with all their elements as furnished by nature. If we eat meat, we must also eat bones, or our systems will suffer from a violation of one of

natures unerring laws. It is conceded that dental decay is the dissolving away of the lime salts by vitiated secretions. This is not due so much to a want of cleanliness of the mouth as is commonly supposed; for it is not true that "A clean tooth never decays." One may devote twelve hours out of the twenty-four to the ablution of the mouth, and fail to prevent decay of the teeth so long as natures dietic laws are violated.

Dental development in man is discernible as early as the seventh week of intra-uterine life; hence the importance of a strictly correct diet from the start, if mothers wish to give birth to children who may have perfectly formed teeth, and perfect health includes a perfect set of teeth; for they are little indicators, denoting by their condition that of the whole system, just as a thermometer indicates thermal changes. A mother who passes through the periods of gestation and lactation without a sufficient supply of bone and tooth material in her food will suffer from loss of teeth, neuralgia, rheumatism and other diseases that result from an impoverished state of the system. The lime from her teeth will be dissolved, taken into the circulation, and appropriated by the offspring. Excepting civilized man, all flesh-eating animals eat as much of the bone with the flesh they devour as they can break with their teeth sufficiently fine to swallow.

Place before a tribe of Indians everything the earth produces in the shape of food, and they will eat only animal food so long as that lasts; but put them upon a Reservation and feed them as civilized people feed themselves, and decay of the teeth soon follows. Take from any carnivorous animals their supply of bone which nature furnishes with the flesh, and decay of the teeth is sure to follow. Several years ago, the lions in the Zoological Gardens of London were fed upon the thighs of horses. These being large and hard they were unable to break and eat, and as a consequence, their young were born with cleft palates and died shortly after birth. They were afterwards fed upon deer and other small animals, and their young were born with perfectly formed palates and lived.

Veterinary surgeons have long known that certain diseases of their dumb animals can only be successfully treated by feeding

them with bone meal. A dam, too aristocratic to gnaw bones, gave birth to successive litters of rickety pups. After being fed with food containing bone meal she produced perfectly healthy ones by the same sire. Even our domestic herbivorous animals thrive better when bone is added to their bill of fare. The cow which every year gives birth to young has an excessive drain upon her supply of bone material, and craves bones to such an extent that she will try to masticate even very large ones, as every farmer's boy can testify. Arguments in favor of eating bone to prevent decay of the teeth as well as to cure a long catalogue of bone and kindred diseases, might be continued indefinitely, but as "a word to the wise is sufficient," it seems only necessary to add that a long and continued experiment has been made upon a family with results that fully justify all claims made for it. The bones were selected from perfectly healthy animals, none being used that bore the slightest blemish, carefully cured without being allowed to pass through any perceptible chemical changes, finely granulated, and incorporated into soup, gravy, bread, etc., in the proportion of from one to three spoonfuls to each pint of soup, gravy, or flour. The relative proportion of nutritive elements in one hundred parts of different kinds of animal food has been found as follows:

Beef.....	26.	Mutton.....	29.
Chicken.....	27.	Pork.....	24.
Brain.....	20.	Blood.....	21.
Codfish.....	21.	White of Egg.....	14.
Milk.....	7.	Bone.....	51.

DYSPEPSIA.

BY A. F. BINKLEY, M. D., SYCAMORE.

Mrs. C—, aged 45, had been treated for some length of time for neuralgia of the stomach and torpidity of the liver, with no good results. When I examined her in May I found some soreness and tenderness over the region of the liver, rather sallow

complexion, with some pain and uneasiness about the stomach, ulcerated condition of the throat and mouth, (this ulcerated condition she remarked was only at times when she was the worst off,) her bowels were always costive unless she was taking something to remedy it, she suffered a great deal with headache, and a great many other troubles, too tedious to enumerate, though one that might be mentioned was a desponding low-spirited condition, with an occasional burning sensation of the skin or hot flashes as she termed it. I diagnosed her case atonic dyspepsia, and accordingly put her on the following:

R Hydrastis.....2 gr.

Ipecac pulv.1 gr.

S. To be taken three times per day, sometimes made into pill and sometimes she would take it in a little water. I also requested her to take:

R Hydrargyri chlor. mit.....3 gr.

Podophylin..... $\frac{1}{2}$ gr.

S. Once a week for three or four weeks.

Although some other nearly insignificant correctives were used, I attribute her recovery which was complete in two months to the hydrastis and ipecac. Now I regard ipecac a very important factor in the treatment of a great many cases of dyspepsia. For it not only increases the peristaltic action of the alimentary or digestive tract, but also is a good persuader for a torpid liver, when its use is persisted in for some time.

TYPHOID FEVER—MAPLE HILL SEMINARY—LEBANON, TENNESSEE*.

BY JAMES L. FITE, M. D., LEBANON, TENN.

To the Tennessee State Board of Health: GENTLEMEN—In obedience to a resolution of this Board at the January meeting, I visited Lebanon, January 5th, 6th and 7th, and in company

*Read before the Tennessee State Board of Health.

Howe
Argo
Pres
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Dennett H. E.
to Secure Good Dental
ms - Prevent Their Decay
at Rickets, Hip Disease
³
4 pp. pap. 1884.

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